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# Community Youth Safe Sex and Blood-borne Virus Grants 2004/05

## Introduction

Community Youth Safe Sex and Blood-borne Virus Grants were made available through funding from Office of Aboriginal and Torres Strait Islander Health, Department of Health and Ageing.

These grants were offered to encourage the local development and ownership of Sexual Health and/or Blood-borne Virus education and health promotion projects.

Through the grants, community-based workers and organisations were able to design and develop projects with the participation of high-risk groups, such as youth in rural and remote areas, Aboriginal youth, youth from non-English speaking backgrounds and marginalised youth, which are otherwise hard to reach.

Projects developed with the grants encouraged communication amongst youth subcultures on issues related to STI/HIV, safe sex and safe injecting and developed innovative materials and ideas.

The Sexual Health and Blood-borne Virus Program has put together this web page to showcase the work and great achievements from those communities involved in running projects in 2004 and 2005. The information displayed has been collected from information provided by project coordinators.



For more information contact:  
Policy and Planning Officer  
Sexual Health Blood Borne  
Virus Program  
Ph: (08) 9388 4865



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# Community Youth Safe Sex and Blood-borne Virus Grants 2004/05

## SAFE SEX GRANTS

Armadale, Gosnells & District Youth Resources  
Burdekin - Youth in Action Inc  
Freefall Theatre Company Inc  
Geraldton Regional Community Education Centre  
Geraldton Streetwork (Midwest Murchison PHU)  
Jurrugk Health Service  
Koondoola and Girrawheen Youth Health Program  
Leonora District High School  
Maamba Aboriginal Corporation  
Mirrabooka Primary School  
Ngaanyatjarra Health Service  
Community First Inc  
Quarry Health Service  
Wyndham Youth Services

## BBV GRANTS

Geraldton Regional Community Education  
Centre  
Greater Bunbury Division of General  
Practice  
Great Southern Community Drug Service  
Team/Palmerston Association Great  
Southern  
Hepatitis Council of Western Australia -  
Youth Project  
South West Aboriginal Medical Service  
WASUA - Youth Project



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# GIRLZ STUFF COMMUNITY PROJECT

## Armadale, Gosnells and District Youth Resources



Armadale, Gosnells and District Youth Resources and the South Metropolitan Public Health Unit worked in partnership to coordinate the Girlz Stuff Community Project - a sexual health project for young Aboriginal women aged 15-24 years in the Armadale region.

The project aimed to promote self-respect, personal safety and respect for others amongst young Aboriginal women using creative development and peer education approaches.

It started with an overnight retreat and morning tea to engage a core group of young Aboriginal women in the program. Following the retreat, up to eight young women were involved in weekly workshops at the Youth Drop in Centre in Armadale.

All workshops involved yarning about topics of interest, including relationships, communication, STIs, sex and shame, and self-respect. The workshops also included activities such as event planning, art, and activities from resources such as '*PASH*', '*Let's Talk About Sex*' and '*Growing and Developing Healthy Relationships*'.

For more information contact:  
Armadae Gosnells and District  
Youth Resources  
Ph: (08) 9497-1722



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# WHAT AM I DOING TO MY BODY?

## Burdekin Youth In Action Inc.

The 'What am I doing to my body' project was introduced to a pre-existing night time program.

This project came about as a result of the young people's difficulty to go from a predominately recreationally focused program to one that had an education focus requiring active participation.

One way of introducing the program to the group was to involve the young people in the design and delivery of the program. In order to do this young people were asked to take some ownership of the group by entering in a 'name the program' competition. The winner of the competition was decided by the group and received a Sports Power voucher.

Mini surveys were also distributed to the participants asking them what they already knew about sexual health, what they would like to know and any questions or concerns they had about participating in a group addressing issues such as sex, relationships, puberty and health. This strategy involved the young people in the direction of the program and also gradually introduced the new format and focus to the night time program.

The funding received from the Department of Health allowed Burdekin - Youth in Action to deliver a night time program addressing sexual health in a youth friendly and culturally appropriate manner.

Feedback from young people who participated in the program and from staff who facilitated the program clearly indicates that the level of knowledge and understanding has increased significantly in the young people. However, a significant barrier facing these young people is having the strength and determination to make informed choices and consider the dangers before engaging in high risk behaviour.

The need for ongoing education around sexual health and health generally is huge and it is hoped that programs like this will continue to be run in the future and start to reach a greater number of young people.

Future plans include the possibility of delivering some sexual health sessions in the community of Bidyadanga following more rapport building work, which is absolutely crucial in order to effectively engage with young people about issues such as sex.

For more information contact:  
Burdekin Youth in Action  
Ph: (08) 9193 6391



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## PASH - On Geraldton Regional Community Education Centre

PASH on was a joint initiative between Family Youth Support Service (FYSS), Mullewa District High School and Mullewa Health Promotion. It aimed to develop young people's awareness of sexual health and reduce the incidence of risk taking and unsafe sexual practices

In consultation with Mullewa District High School Aboriginal and Islander Education officer and an Aboriginal teacher PASH-On was designed for students from years 8-10. It was based on the PASH format created by FPWA

### Highlights

- the program was well attended by the participants with 13 of the 23 students commencing the program seeing it through to the end.
- Collaboration from all agencies with Mullewa District High School allowed the program to address the needs of the young people while being culturally appropriate and sensitive
- Taking students to Geraldton as a reward to being committed to the project
- 62 young people accessing the health service for condoms since the commencement of the project
- Installation of the condom vending machine in Mullewa giving the community access to resources that promotes a safe sex message

For more information contact:  
Geraldton Regional Community  
Education Centre  
Ph: (08) 9921 4477  
Email: [admin@edcentre.wa.edu.au](mailto:admin@edcentre.wa.edu.au)



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# ABORIGINAL YOUTH LEADERS SAFE SEX WORKSHOPS

## Geraldton Streetwork and Midwest Murchison PHU

This project aimed to recruit 10 Aboriginal Youth Leaders to employ appropriate skills and knowledge in assisting their peers in forming positive ideas and making healthy decisions with regard to their sexual health.

Workshops were run at Mount Magnet District High School and Meekatharra District High School. In total 54 students from Years 8-12 participated in the project. During the workshops the following topics were addressed - communication, contraception and alcohol and drug misuse.

### Positive Outcomes

- The development of a one day workshop resource kit, which is available to be loaned out.
- The sessions run during the workshops were very well received by teachers and students.
- The design and completion of a mural within the school grounds to promote safe sex and a healthy lifestyle message to their peers and the community.
- Increased provision of condoms in both towns.

For more information contact:  
Midwest Murchison Population  
Health Unit  
Ph: (08) 9956 1954



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# YARNING ABOUT SAFE SEX 2005

## Koondoola and Girrawheen Youth Health Program

The YAS [ Yarning about Sex ] program aimed to promote safe sex behaviours in young Aboriginal girls aged 16-25 years by programming and conducting regular weekly safe sex sessions for approximately 16 weeks, culminating in a camp for those with a 90% attendance rate.

This project was planned to provide participants with an opportunity to experience something that was free, consistent, non-threatening and fun whilst learning about sexual health in a holistic atmosphere, where healthy food was provided as well as confidentiality and caring workers.

However the numbers fluctuated over the 6 weeks the project ran and it was decided to discontinue the group and target students at a local high school.

The 16 week YAS program commenced on 3<sup>rd</sup> March 2005 and targeted Year 10-12 Aboriginal girls. Twenty girls and four workers participated in the project. The girls were wonderful to work with..

Four relevant and important topics were added to the YAS program: racial prejudice, domestic violence, anger management and sexual abuse/assault.

Of the twelve students eligible to attend, six attended the camp. It was a fantastic experience for everybody involved including all the girls who didn't come on camp.

The girls became very competent peer educators in the areas of sexual health, birth control and STIs.

For more information contact:  
BDYWP formerly KAGY  
Community Youth Health Nurse  
Ph: (08) 9349 7730



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# LEONORA ABORIGINAL SAFE SEX OPERATIONS

## Leonora District High School (LDHS)

The Leonora Aboriginal Safe Sex Operations (LASSO) project engaged students from Years 7 to 11 at LDHS via weekly health education lessons and other Aboriginal youth in Leonora outside of school hours. The project delivered sexual health education based on the Promoting Adolescent Sexual Health (PASH) program, culturally modified for the Aboriginal youth of Leonora.

Enabling factors for this project included:

- catering provided for after school sessions
- the employment of Aboriginal Facilitators.

Eighteen one-hour sessions were run during school hours for secondary students and were attended by 15-20 students aged 12-16 years. A further 16 two-hour sessions were run out of school hours. These were attended by 12-17 young adults aged 14-19 years. Up to 6 males attended all of these sessions.

Positive outcomes were achieved with compulsory and non-compulsory participants demonstrating a change in knowledge as a result of the program.

For more information contact:  
Leonora District High School  
ph: (08) 9037 6143





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# ALLAWAH MINDITCH SEXUAL HEALTH PROGRAM

## MAAMBA Aboriginal Corporation Inc.

The Allawah Minditch (be careful of disease) - Sexual Health Program started in October 2004 and finished at the end of June 2005. The program has been a tremendous success, with Sexual Health Workshops being delivered at Clontarf Aboriginal College, Como Secondary College, Cecil Andrews SHS, Forrestfield SHS and at Swan Education District.

The Allawah Minditch Program aims to benefit young Aboriginal people through its comprehensive workshops by giving young participants greater awareness and appreciation of sexual health matters, including:

1. HIV/AIDS and STI Information
2. Safe Sex Practice
3. Gender and Relationships issues
4. Effective Communication and Assertiveness Skills
5. Puberty/Reproductive System

The five (5) week workshop included a lot of information, practical activities, guest speakers and lots of fun.

Maamba was very fortunate to have Dena Gower on board. She arranged and facilitated all the training in the program. The program was well supported by the South Metropolitan Area Health Service as well as the participating schools involved with the program and they all hope that the message of '*Be Careful of Diseases*' doesn't stop with the completion of the program.

For more information contact:  
MAAMBA Aboriginal Corporation  
Ph (08) 9458 9038



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## ALLAWAH SEXUAL HEALTH CAMP June 3-6, 2005 MAAMBA Aboriginal Corporation Inc.

The Maamba Aboriginal Corporation ran a 3-day Allawah Sexual Health Camp at Woodman Point. All in all the camp was a complete success. The exercise was well worth the effort, as it allowed young Indigenous **women** to totally focus on the subject matter at hand. Many of the participants were exposed to sexual health information for the first time and were very interested in the workshop presentations. There is no doubt about the positive and informed effect it had on the participants' knowledge and understanding of sexual health matters. This is shown in their responses to the workshops in general and through the written and verbal feedback provided by each participant.



For more information contact:  
MAAMBA Aboriginal Corporation  
Ph: (08) 9458 9038



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# APPROPRIATE ASSERTIVE BEHAVIOUR TRAINING PROGRAM

## Mirrabooka Primary School

The program provided 9 sessions on assertion techniques with 3 classes on a weekly basis for 3 weeks and a follow up session with students at education risk

Together with a consultant from FPWA, a program was designed to provide awareness and social skills training in appropriate assertive behaviour to the Year 6 and two Year 7 classes.

A total of 86 students aged 10-12 years participated in the project.

This program had positive results and was well received by the students with several indicating that they feel more confident about attending high school with the strategies they have gained. The learning which took place during term 3 will be reinforced and further positive results from the program will be expected.

For more information contact:  
Mirrabooka Primary School  
Ph: (08) 9344 8655



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# MOODITJ TRAINING

## Ngaanyatjarra Health Service

A grant from Office of Aboriginal and Torres Strait Islander Health in conjunction with a Youth Safe Sex Grant enabled 27 people from three different communities to participate in Mooditj training provided by FPWA at Warburton.

The overall purpose of the Mooditj training was to build up a pool of trained people to support the Karnany-Karnanytju Wangkama Camp (see next slide) and to build the capacity of those in the community to provide ongoing support and skills to the young people. The emphasis was on educating and supporting Aboriginal people. This was achieved.

### Positive outcomes

- an increase in the capacity of the community to provide education and support to young people in a format that is successful on the Ngaanyatjarra lands
- the development of participants' skills to facilitate Mooditj sessions
- the development of a draft flip chart to assist Aboriginal Health Workers in preparing and delivering Mooditj sessions
- the collection of invaluable tools by all participants from various agencies including the Department of Community Development and youth workers to develop relationships with young people and other agencies.

For more information contact:  
Ngaanyatjarra Health Service  
Ph (08) 8950 1737



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# KARNANY-KARNANYTJU WANGKAMA CAMP

## Ngaanyatjarra Health Service

### The objectives of the camp were to:

- Develop life skills that will enhance choices for positive lifestyle and problem solving
- Develop and enhance self esteem and confidence of participants
- Provide information and discussion about changes of puberty
- Identify factors that contribute to a healthy relationship
- Increase knowledge of safe sex
- Provide organised activities for school holidays for youth, including sport and recreational activities - create a fun holiday camp
- Discuss information about substance abuse, particularly petrol sniffing
- Work collaboratively with other agencies with shared objectives for young people

Overall there were 72 people at the camp. With 86% of those being the target age group (11-14 years). This exceeded the expectations of the camp organisers.

The camp was very successful, young people actively participated and were, for the most part, enthusiastic about learning.

Most sessions were conducted in Ngaanyatjarra language and cultural appropriateness was incorporated into the sessions,

The support of the AHWs and other community members demonstrates the high level of importance that Yarnangu (Aboriginal people) places on learning in this format.

The male AHWs were incredibly supportive and caring towards the young men.

Evaluations were collected via minidisk recorder with interviews of individuals and groups of young people after sessions, process and outcome evaluations were conducted. In addition a photo voice technique was developed using a flip chart of photos taken at the camp and a questionnaire and from viewing the video clip being produced using the footage collected at the camp.



For more information contact:  
Ngaanyatjarra Health Service  
Ph (08) 8950 1737



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For more information contact:  
South Metropolitan Health Unit  
Ph: (08) 9535 1644

# KINKY Community First

The **Kinky** project was a sexual health program formed during the 2005 Bilyidar Leadership and Cultural Awareness program. Ten young people volunteered for the project. Seven of the 10 young people were from an Aboriginal background.



The Project involved 2 overnight stays at Fairbridge Village, Pinjarra:

- 21-22 July 2004 - Nine young people attended this overnight gathering which focused on building a solid team and was extremely successful.
- 21-22 August 2004 - This was attended by nine of the project participants. Afterwards, three follow up meetings were held, The first meeting was interactive training on Peer Education and effective communication which was followed by two meetings to plan the safe sex project and its delivery.

## Positive outcomes

- The program was a great success and fun was had by all.
- Participants were able to discuss sexual health related issues openly by the end of the project.
- Two program participants (both young Aboriginal males) attended the full week of FPWA's Nuts & Bolts training (certified) held at FPWA in Northbridge and then contributed to the delivery of a workshop (2hrs) to project participants on STIs at the second overnighter.
- The development and production of 2500 wallet cards for young people to list agencies and people they can contact when in need of sexual health information or advice. The card was created using the designs of five competition winners.
- The wallet cards were launched on Friday 10 June 2005 at a Hip-Hop night at the Billy Dower Youth Centre. 83 young people attended of which 80% were Aboriginal. Their average age was 13-14years.
- The launch included a Safe Sex information display, FPWA information display, condom games and activities. The project participants talked informally with the young people present about sexual health issues and handed out wallet cards.





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# PREVENTING BLOOD BORNE VIRUSES AMONGST YOUNG PEOPLE

## Geraldton Regional Community Education Centre

This project was a joint initiative of the Geraldton Regional Community Education Centre and Short Term Accommodation for Youth

It aimed to develop young people's awareness of Blood-borne Viruses (BBVs) and reduce risk taking behaviour that can lead to the contraction of BBVs, such as unsafe sex, injecting drug use, tattooing and body piercing.

Evaluation of the workshops and camp held indicates that all participants had a positive experience and a large volume of knowledge was gained in relation to BBVs and their prevention.

Both organisations continue to stay in contact with program participants and staff have noted improvements in lifestyle choices and a healthier level of communication between participants and their partners and peers.

10 young people participated in the project, they ranged in age from 14 to 20 years.

Past participants of PASH were recruited to act as peer mentors, which proved invaluable in engaging clients.

The program ran for 10 weeks, consisting of three hour sessions. A meal and transport was provided for each session.

### Service highlights

- The program was well attended.
- Use of scrap booking technique to demonstrate learnings proved invaluable.
- The camp at the finale of the program.

For more information contact:  
Geraldton Regional Community  
Education Centre  
Ph: (08) 9921 4477  
Email: [admin@edcentre.wa.edu.au](mailto:admin@edcentre.wa.edu.au)



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# "MY BODY, I CARE, DO YOU?"

## Greater Bunbury Division of General Practice

The project was designed as a health promotion project to provide information to young people to help them make healthy decisions around sex, body art and injecting drug use. A reference group was established to oversee the implementation of this project.

The project has been very successful, with good project outcomes and strong community support and relevance to young people.

### Resources developed

- A pocket-sized youth BBV information pack available to youth and agencies to aid them in their work.
- A CD with Power point presentation on Blood-borne Virus Prevention and workshop outline.
- Two mural artworks promoting safe sex and drug use and safe body art.
- Posters on safer sex, safer injecting drug use and safe body art.

### Highlights

- Many community organisations were involved and good networks have been established.
- There is more demand than supply of the information pack with only 1000 printed and requests/demands for another 3000 to be printed.
- Process has begun to transfer the project to other community institutions.
- Strong demand being received by other GP divisions from across the state.
- Increase in knowledge of employees at shops that sell sexual paraphernalia as a result of their involvement in the project.

For more information contact:  
Greater Bunbury Division of  
General Practice

Ph: (08) 9722 1876





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# YOUNG ADOLESCENT BLOOD-BORNE AWARENESS PROJECT

## Great Southern Community Drug Service Team

Young Adolescent Blood Borne Awareness Project (YABBA) was a challenging project in terms of coordination, responsiveness and cooperation.

To promote blood-borne virus prevention for youth up to 25 years who are at risk, necessitated that we work closely with the target group.

The recruitment of young people into focus groups was achieved and we managed to get together a diverse group who were very creative and informative. The work of this group directly informed the content for the BBV resources.

The YABBA project also conducted informal information gathering sessions at the Denmark Youth Centre, as well as conducting surveys there and at two local high schools.

The data provided was most informative and reinforced our thinking that a lot of young people are not well informed on issues about BBVs.

YABBA then proceeded to work closely with a young artist in the development of resources. The results were outstanding and we have received many positive comments.

The project has enabled the Community Drug Service Team to broaden its access to the young at risk client group, and the results have informed us of future directions in this area, and confirmed our belief that excellent resources can be developed if you work closely with your target group.

The education of young people about BBVs has become an integral part of the CDST prevention program. The effectiveness of this work has been enhanced by the YABBA project.

For more information contact:  
Great Southern Community Drug  
Service Team  
Phone: (08) 9842 8008  
Email:  
[abourne@palmerston.org.au](mailto:abourne@palmerston.org.au)



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## Youth Project Hepatitis Council of Western Australia

The spread of blood-borne viruses is a serious health issue facing many young people, especially those who are considered 'at risk'. The Hepatitis Council of Western Australia through their Youth BBV Project sought to increase young people's awareness of this issue by holding BBV education and art workshops with young people in Perth.

The Hepatitis Council of Western Australia held a art exhibition with works created by young people who are currently attending Perth metropolitan youth services. The art has been used to illustrate a blood-borne virus resource that is both relevant and attractive to youth.

The project and the exhibition were successful tools to increase young people's awareness on blood-borne viruses. It was also a great opportunity to support the works of these young people.



**'Under My Skin'**



For more information contact:  
Hepatitis Council of WA  
Ph: 9227 6545



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**80%** of new hep C cases are caused by unsafe injecting drug use

If you can't access clean injecting equipment then consider snorting smoking or swallowing your drugs

for more information on hep c and other blood borne viruses go to [www.wasua.com.au](http://www.wasua.com.au)

# Youth Project

## WA Substance User's Association (WASUA)

A number of informal discussions took place with young people through the WASUA exchange. Contact was made with 45 young people aged 25 years or younger.

Issues discussed included awareness of BBVs, knowledge of existing resources and what kinds of resources might be of use.

The next stage of the project involved running six workshops, where young people were educated about BBVs, and had the opportunity to critique existing resources and contribute to the development of new resources. Eight women and 16 men participated.

Several agencies were called on to provide support and collaboration in recruitment for the workshops and in the provision of the spaces for the workshops to be conducted. The following agencies were of central importance: Next Step Youth Services; The Anglicare Step One Van, Passages Youth Centre and Mission Australia's Yirra Youth Service.

At all stages of the project the input of young people was invited.

Three resources have been developed.

- A series of web pages to be incorporated into WASUA's existing website.
- A music CD with web pages. This resource contains songs by young people who have been through Next Step's residential detoxification program (kindly provided by Next Step youth arts mentoring program).
- A small plastic credit type card which has the address of the web pages and art work produced by one of the workshop participants. This card can be discreetly carried in a wallet and would hopefully act as a trigger in high risk situations

These will be distributed to young people at risk through relevant agencies as well as through BBV workshops run by WASUA staff and through WASUA's exchange.

For more information contact:  
WASUA  
Email: [info@wasua.com.au](mailto:info@wasua.com.au)  
Phone: 9227 7866  
Website:  
<http://www.wasua.com.au>



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# Useful Links

## Internal links

<http://www.health.wa.gov.au/cdc@health.wa.gov.au>

## External links

<http://www.waaid.com/>

<http://www.hepatitiswa.com.au/1frames.htm>

<http://www.fpwa-health.org.au/>

<http://www.fpwa-health.org.au/quarry.htm>

